



COARSE OATCAKES

Ingredients to make 9 three inch rounds

215g medium oatmeal

10g coarse or pinhead oatmeal

*20g sunflower or olive oil or 25g butter
at room temperature*

4g salt

100g of boiling water

Method – preparation 20 minutes, baking 30 minutes

Mix the **salt**, **medium** and **pinhead oatmeal** then stir in the **oil** or rub in the butter. Add the **boiling water** to make a soft but not sticky mixture. If the mixture is very sticky, just wait a couple of minutes. Press out spoonfuls into a 3 inch round approx ¼ inch thick on a baking tray or roll out then divide into fingers or triangles. If it is difficult to shape the cakes because the mixture is drying out just add a little more water.

Bake in the oven at 170°C for 40 minutes until the cakes no longer bend if you lift a corner. Alternatively bake triangles slowly on a griddle. Do not let the oven baked cakes go brown, even slightly burnt oatmeal tastes horrible.

A teaspoonful of chilli flakes (go easy the first time) or salt flakes in place of fine salt are interesting variations.

STAFFORDSHIRE OATCAKES

Ingredients to make 5 or 6 nine inch rounds

215g lukewarm milk

215g lukewarm water

5g dried yeast

110g oatmeal fine or medium

110g strong white flour

4g sea salt

Method

Dissolve the **yeast** in the **warm liquid** then add the **salt**, **flour** and **oatmeal**. Whisk to make a batter. Cover and leave in a warm place for an hour.

Make sure that the lightly greased griddle or large frying pan has heated thoroughly before you begin. The first one is always rubbish!

Add enough batter to produce an oatcake about 8-9 inches across. It will gradually become covered in holes as it cooks, and the surface will change from wet & shiny to dull when it is ready to turn, after about 3 minutes. Turn and cook for another 2 - 3 minutes then serve or allow to cool on a wire rack before freezing.

